

Chicken & Cheese Quesadilla



100 quesadillas
2 oz. eq. m/ma
1.5 oz. eq. grain

Ingredients	For 100 servings		Directions
	Weight	Measure	
Tortilla, 8" whole grain		100	Lay tortillas out.
Chicken, Diced, cooked	5 lb.		Combine chicken and cheese in a large bowl and mix well.
Cheese, cheddar, shredded	8 lb.		Portion ½ cup chicken/cheese mixture on each tortilla. Spread over one half of the tortilla. Fold each tortilla in half and place on a parchment lined sheet pan. Repeat until sheet pan is full. OPTIONAL: Place a piece of parchment paper on top of folded tortillas. Place a second sheet pan on top of the first one. Fill the second sheet pan in the same manner. Continue assembling quesadillas. Cook quesadillas in the oven (stacked one on top of another - 4 high with an empty sheet pan on top) at 325 degrees F for 10-12 minutes or until cheese is melted. Serve one quesadilla with sour cream and salsa.



			<p>*Cooking the quesadillas on sheet pans that are stacked one on top of another ensures that the tortillas stay moist and do not get crisp or burn around the edges. Place an empty sheet pan on the top layer so top layer also stays soft.</p>
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Serving size and yield	
Serving size:	1 Quesadilla
Yield:	100 Quesadilla

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:	350	10 minutes
Convection:	325	5-10 minutes

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	1.5	ounce equivalents
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	241	Total fat (g)	10.5	Cholesterol (milligrams (mg))	42.4	Sodium (mg)	438.4	Iron (mg)	1.08
Protein (grams (g))	18	Saturated fat (g)	6.12	Total sugars (g)	1	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	22	Trans fat (g)	0	Dietary fiber (g)	2	Calcium (mg)	316		